

QUEST #11

NAME: _____

Discipleship:

- ☐ Memory Verse: Take my yoke upon you and learn from me, for I am gentle and humble in heart and you will find rest for your souls. For my yoke is easy and my burden is light. - Matthew 11:29-30
- ☐ Family Discussion: Explain to your family: Jesus wants us to be joined together with Him in everything we do. Why would it be good to be joined to Jesus all the time? Jesus describes himself as “gentle and humble in heart”. What do you think that means? Why is being joined to Jesus NOT burdensome?

Service: On three different days this week find a way to serve your family in addition to your regular chores. Parents can help you decide how to best serve this week. Some suggestions include: helping with the dishes, folding laundry, taking out the trash, doing some yard work, caring for pets, or cleaning around the house.

- ☐ Day 1 What did you do? _____
- ☐ Day 2 What did you do? _____
- ☐ Day 3 What did you do? _____

Workout: On three different days complete each of the following: 40 stand ups, 40 sprawls ,40 downblocks and 40 pushups.

- ☐ Day 1
- ☐ Day 2 Parent Signature: _____
- ☐ Day 3 Date: _____



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